

**Abstract of the Disclosure**

A lens/frame assembly for swimming goggles comprises a frame made of rigid material with slight flexibility, two lens received in a lens-holding compartment of the frame, and a connecting block. The lens-holding compartment has a bridge portion in a middle thereof. A connecting block is securely received in the bridge portion of the lens-holding compartment and securely mounted to the frame to thereby securely retain the lenses in place.